Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program

Moderate Drinking

Troy Moore, SSgt, USAF, CADAC
Travis AFB, CA

Did you know…?

…that you can die from drinking too much

…or that a certain blood alcohol level can put you in a coma

…or that binge drinking is common but deadly

…or that substance abuse has a negative impact on both you and the mission

Definition of Moderate Drinking

- It's no more than 2 or 3 standard drinks per drinking episode.
- No more than three days per week.
- Also, moderate drinking means limiting how fast you drink and, as a result, keeping your blood alcohol concentration (BAC) below .045-.055 (.10 is the DWI limit in most states).

Definition of Moderate Drinking

- This definition of moderate drinking prevents you from getting drunk.
- But then moderate drinkers don't get drunk.
- Now if your idea of moderate drinking is a 6 pack instead of a 12 pack, this would suggest that you drink with some pretty heavy drinkers.
- Drinking a 6 pack of beer is heavy drinking, period.

What's the **Definition** of **"ONE DRINK"?**

Whether it's served slightly chilled, room temperature, or on the rocks, here's the answer:

one 12 oz. beer at 4% alcohol (look at the

one 1.5 oz shot of hard liquor at 40% alcohol or 80 proof

one 5 oz. glass of wine at 11% alcohol

Blood Alcohol Concentration (BAC)

- The amount of alcohol present in your blood as you drink.

- 0.03% (1 drink/hour): relaxed, feeling of exhilaration

- 0.06% (1-2 drinks/hour): feeling of warmth and relaxation, decrease of fine motor skills

- 0.09% (2-3 drinks/hour): slowed reaction time, poor muscle control, slurred speech, wobbly legs

- 0.12% (2-4 drinks/hour): clouded judgment, lessened inhibitions and self-restraint.

Blood Alcohol Concentration (BAC)

- Continued

- 0.15% (3-5 drinks/hour): blurred vision, speech unclear, unsteady walking, impaired coordination, possible blackout

- 0.18% (5-8 drinks/hour): behavior is totally impaired, trouble staying awake, numb

- 0.30% (8-13 drinks/hour): drunken-stupor or deep sleep

- 0.40% (11-15 drinks/hour): coma, probable death

Binge Drinking

- Defined in most studies as **five or more drinks** in a row in the past two weeks for men, and four or more drinks in a row in the past two weeks for women.

- It should be noted that the term "binge" is defined as a **problem drinking indicator**.

Binge Drinking Risks

* Loss of self-control
* Alcohol-related injury
* Motor vehicle crashes
* Drowning
* Homicides
* Suicides
* Overdose
* Pregnancy
* Sexually transmitted diseases
* HIV exposure
* Date rape and other violence

Low-Risk Drinking

- Abstaining is the safest choice
- Thinking about whether you will drink, what you will drink **before** the party
- Being 21 or older
- Eating a meal before drinking
- Drinking no more than one drink per hour; maximum 3 for women, 4 for men
- Always knowing what you are drinking
- Alternating alcohol-free drinks throughout the evening
- Knowing how you will get home safely before you go out

High-Risk Drinking

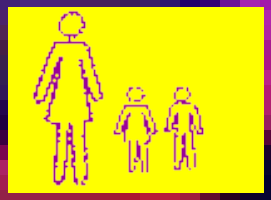
- Not being of legal age to drink alcohol
- Chugging, drinking games, shots (drinking anythin
  out of a punch bowl, trough, hose, or funnel)
- Drinking to get drunk (intoxicated)
- Driving after drinking or riding with someone under the influence
- Drinking too much or too fast on an empty stomach
- Going to parties where people drink too much
- Not knowing what is in your glass or leaving it unattended
- Mixing alcohol with any medications or illegal drugs

Professional Opinion

- American Cancer Society- "Alcoholic beverages cause cancers of the oral cavity, esophagus, and larynx. Cancer risk increases with the amount of alcohol consumed."

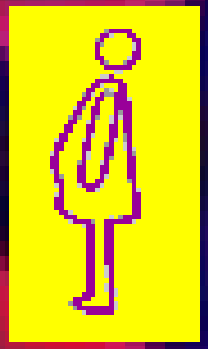
- American Heart Association- "With increased consumption of alcohol, there are increased dangers, such as alcoholism, hypertension, obesity, stroke, cardiomyopathy, a number of cancers, liver disease, accidents, suicides, and fetal alcohol syndrome.

Who should not drink?

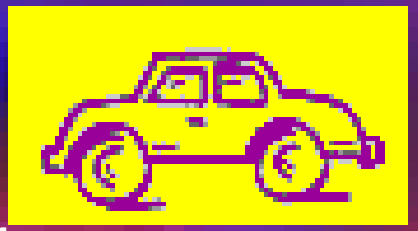


- **Children / adolescents**

- **Individuals who cannot restrict their drinking to moderate levels**



- **Women who may become pregnant or who are pregnant**



- **Individuals who plan to drive or operate machinery**

- **Individuals taking prescription or over-the counter medications that can interact with alcohol.**

Air Force Policy on
SUBSTANCE ABUSE

- Definition
- The use of any drug or alcohol to an extent that it has adverse effects on the user's health, behavior, family, community, or the Air Force.

Air Force Policy on
ALCOHOL ABUSE

- Definition
- Any substandard behavior or performance in which the consumption of alcohol is a primary contributing factor, including but not limited to under-age drinking, public intoxication, drinking and driving, domestic disturbances and assault.

ADAPT REFERRAL

- If you abuse alcohol or drugs– then you get referred.
- An evaluation will be conducted to determine severity of problem.
- Six hours of substance abuse education will be given.
- If needed, entered into a treatment/aftercare program for up to 12 months.
- Individual counseling sessions, group sessions, Alcoholics Anonymous (AA), alcohol/drug testing.

Impact of Substance Abuse on Your Career

- Letter of Counseling / Reprimand (LOC / LOR)
- Unfavorable Information File (UIF) / Referral EPR/OPR
- Extra Duty (12-hour shifts/7 days per week)
- Loss of Rank / Pay / Status
- Restriction to Base / Loss of Driving Privileges
- Article 15
- PRP/Flying Status Suspension / Decertification
- Loss of weapons-carrying capability
- Discharge / Separation
- Court Martial

Impact of Substance Abuse on the Mission

- Substance-related difficulties hinder personal readiness, health and wellness.
- Suspension from duties greatly impact the morale of coworkers.
- Increased stress related to legal and financial consequences of abuse result in poor duty performance.
- Loss of driving privileges can negatively impact your ability to perform your job.
- High prevention and treatment costs on the Air Force.
- Poor representation of the Air Force to the community

Where Can You Find Help?

- Supervisors
- Commander / First Sergeant
- Medical Doctor
- Chaplain (4-3217)
- Mental Health Counselor (3-5174)
- Substance Abuse Counselor (3-2348)

TRAVIS INTEGRATED DELIVERY SYSTEM
TIDES
Your Bridge to Helping Agencies